

Cross Fit Challenge Class

9922B 112 Avenue

Grande Prairie, AB T8V 6V7

This class is designated to push the aerobic and anaerobic fitness level to the point of complete exhaustion. It is not a class for the light hearted. It requires not just physical strength, but mental power to overcome the tests and challenges given each and every class. It is not a class based on time trials but on repetitions. You are given one hour to complete the fitness test. There are circuit stations set up to complete within a certain number of reps.

(Example: 25 Pull ups / 50 Dead lifts/ 50 Pushups / 50 Box Jumps / 50 Double Crunches / 50 Clean and Press / 25 Pull ups) = One hour to complete task.

Even if you complete before one hour, we will track time to compare with other challengers in which the best time for 3 month timeframe will receive a prize package. (Gift certificates from various local businesses.) We'll keep you busy within the 1 hour time to push you to new limits!

Class time: Monday 8-9pm
 Wednesday 8-9pm
 Friday 8-9pm
 Saturday 11-12pm

4 Days a week for 4 weeks \$240.00

3 Days a week for 4 weeks \$192.00

2 Days a week for 4 weeks \$ 136.00

1 Day a week for 4 weeks \$80.00

Registration:

Name:

Number:

Emergency Contact / Number:

Payment: Cash Cheque

Signature:
